Gym Schedule			Wilmerding YMCA				
	Updated 8/20/15					412-823-1402 FAX	
6	Sun	Mon	Tue	Wed	Thur	Fri	Sat
6 am 7 am 8 am 9 am :30 10 am :30 am :30 :30 :30 :30 :30 :30 :30 :30	x x x x x x x x x x x x x						
12 pm :30 :30 :50 pm :5 :30 :45 pm :5 :30 :30 :30 :30 :30 :30 :30 :30 :30 :30	Open Gym 11:00am - 3:00pm	Open Gym 5:30am -9:00pm	Open Gym 5:30am - 6:00pm	Open Gym 5:30am - 9:00pm	Open Gym 5:30am - 6:00pm	Open Gym 5:30am - 8:00pm	Open Gym 7:00am - 3:00pm
3 pm :15 :30 :45 pm :15 :30 :45 :5 pm :15 :30 :45	х х х х						X X X
7 pm ::30 ::30 ::30 ::30 ::30 ::30 ::30 ::3	x x x x x x x x x x x		Adult Pickup (Men's Ages 18+) 6:00pm - 9:00pm Members & Guest		Adult Pickup (Men Ages 18+) 6:00pm - 9:00pm Members & Guest		x x x x x x x x x x x x
:45 10 pm	X X		*C Cabadal				X X

*Gym Schedule is subject to change. Call the Y at 412-823-9000 for updates.